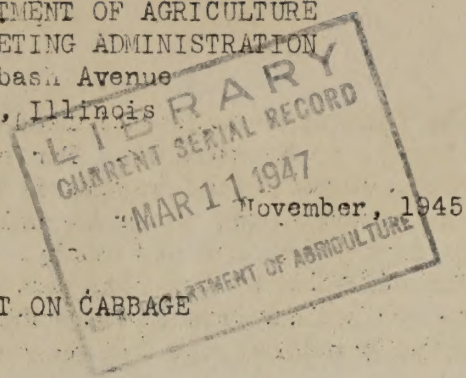


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UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
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Chicago 3, Illinois



FACT SHEET ON CABBAGE

One of the largest domestic cabbage crops on record is being marketed this fall, according to the United States Department of Agriculture's Production and Marketing Administration. Normally, a great deal of this type of cabbage is used for sauerkraut. But tin supplies are not large enough to pack all the available fall cabbage for sauerkraut.

Weather conditions have been particularly favorable to cabbage, as a result of which, the quality is generally good and many heads are of large size.

Through most of the Northern States cabbage is an important fresh vegetable crop. Principal producing states are New York, Pennsylvania, Wisconsin, Michigan, Ohio, Illinois, Indiana, and Colorado. Midwestern markets are favored naturally with larger supplies.

The price of cabbage to consumers is reasonable - an item of note to budget-minded homemakers in the "reconversion" world. Although the civilian food supply situation looks brighter than it has in some time, there still are shortages of some foods. Demand for certain foods continues high. Here's where cabbage can step into the picture. Around this vegetable, rich in minerals and vitamins, many a menu can be planned to the family's advantage.

Good Eating: Cabbage makes "good eating" in more ways than one. Besides being extremely adaptable to dishes of all sorts and flavors, the vegetable is well stocked in food value. In the vitamin line-up to be found in cabbage are Vitamin C (particularly in raw cabbage), thiamin (B₁), riboflavin (G), and niacin. Food minerals in cabbage include calcium, iron, and some phosphorus.

Some Like It Hot, Some Like It Cold: There are innumerable ways to "dress up" cabbage to tempt almost anyone's palate. Housewives have employed many an ingenious method to make foods look "different" during wartime days, and there has been no better material to work with than cabbage. It mixes well or it can be served alone and you'll like it. For instance, there is cool, crisp cole slaw - perennial summer favorite. Or you may prefer hot savory slaw, cabbage boiled in meat broth, panned cabbage, cabbage boiled in quarters, chopped cabbage quick-cooked in milk, scalloped cabbage, or the tasty Russian "borsch."

To give zest to a salad, cabbage shredded or chopped combines well with shredded carrots or grated onion, cut spinach, diced celery, apples, grapes, nuts, dried fruit, or hard-cooked eggs, or cucumbers, green peppers, or pineapple in season.

Vitamins Intact: One way to prepare cabbage without much loss of food values (particularly Vitamin C, which is easily

destroyed by heat and easily oxidized by air, and which is not stored by the human body), is by panning. For each quart of cabbage shredded in narrow strips, allow 2 tablespoons of fat. Melt the fat in a heavy flat pan, add the cabbage, and cover to hold in the steam. Cook slowly until the cabbage is tender, but not mushy. Now and then stir the cabbage to keep it from sticking to the pan, and when ready to serve, season with salt and pepper. Drippings from meat, such as sausages, salt pork, or bacon, serve especially well as the fat in panned cabbage.

Speed and Spice: A delicious dish is quick-cooked or "5-minute" cabbage, and again food values are retained. To prepare cabbage in this way, heat 3 cups of milk, add 2 quarts of shredded cabbage, and simmer for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to the blended flour and fat a little hot milk. Stir this into the cabbage and cook 3 or 4 minutes, stirring continuously. Season to taste with salt and pepper and serve at once.

And then there is Sauerkraut: The "good eating" and budgetary advantages of domestic cabbage can be projected into the future months by purchase of a quantity at today's low prices, and by home production of sauerkraut. Making sauerkraut is a simple process. Just shred raw cabbage and pack it into an earthen crock; first a layer of cabbage, then a heavy sprinkling of salt, then a layer of shredded cabbage again, and so on. Use about 4 ounces of salt to each 10 pounds of cabbage. Or, if you prefer, cold-pack shredded cabbage in Mason jars. It will make excellent slaw when you are ready to use it.

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